PEDROIA, RED SOX OPEN 2013 SEASON AT YANKEE STADIUM

OUTFIELDER JACKIE BRADLEY JR. WILL MAKE HIS MAJOR-LEAGUE DEBUT. PAGE 13

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BOSTON Monday, April 1, 2013
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It's gonna get HOT for teacher

PAGE 02

Liz Byron, an Allston teacher, is planning to run through the Sahara desert for six days to raise money for laptops for her students. / NICOLAUS CZARNECKI, METRO

Teacher Liz Byron is running 155 miles in the Sahara desert to raise money for her students at the Gardner Pilot Academy. / NICOLAUS CZARNECKI, METRO

Allston teacher going the extra 155 miles

Scorching. An Allston teacher will run the Marathon des Sables, a six-day trek across the Sahara desert, to buy her students laptops.

This time next week, a fearless and fit Allston teacher will be squaring off against 155 miles of sand dunes, desert mountains, 120-degree heat, snakes and scorching sun.

Liz Byron, 29, will soon head to Morocco for the Marathon des Sables, a six-day ultra-marathon across the world's hottest desert — the Sahara.

So far she has raised $28,714, but hopes to reach a goal of $50,000 to buy new laptops for her sixth grade students at Allston's Gardner Pilot Academy.

"It's arguably the hardest running race in world," said Byron, who started training in August. "But I'm excited about pushing the human spirit into the next level of capability. I'm really excited about the mental and physical challenge."

About 900 runners will participate in the trek.

Rules require that runners are self-sufficient and must carry 25-pound packs filled with food, clothing, camping equipment, a compass and a snake venom kit. They are also given flare guns to alert helicopters in the event of an emergency — not a far-fetched scenario, considering the desert's notoriously treacherous conditions.

As for what she's most dreading, Byron said the 120-degree forecast is "a little worrisome."

"It's nerve-wracking, but know if I stay relaxed and maintain hydration, I should be OK," she said.

A former college swimmer and avid athlete, Byron has run marathons before, but said "I'm not much of a trainer. Even for Ironman, the most I ever trained was three or four weeks."

Regardless, she was grateful to stumble upon the Marathon des Sables while running a Google search for the "hardest running race in the world."

"It's a crazy race, but I think it's even crazier for me to be teaching students in a technology-oriented society and not be able to give them access to technology, in this case, laptops," Byron said.

All donations go toward the laptops. To donate, visit Runforlaptops.org.

MORGAN ROUSSEAU
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Marathon facts

Marathon des Sables translates to "Marathon of the Sands." The race takes place in southern Morocco.

- **The race was started in 1986, and two people have died during the event over the years.** In 2012, it had a single running stage of 51 miles.

Face transplant

Recipient of new face gets married

Dallas Wiens, the recipient of the nation's first full face transplant at Brigham and Women's Hospital, was married Saturday in Texas.

Wiens married burn survivor Jamie Nash at the same church where he severely burned his face on high-voltage lines, according to the Dallas Morning News. METRO

Dallas Wiens in 2011
NICOLAUS CZARNECKI, METRO

1 NEWS

Street sweeping

6,500

Street-sweeping season begins citywide today, and for some neighborhoods the schedule has changed. Thousands of new street-sweeping signs were installed in the neighborhoods of Dorchester, Mission Hill and Jamaica Plain recently to alert residents of the new sweeping schedule that better aligns with trash days, the city said.

Today's tweet

"There's a guy sitting next to me wearing shorts an a t shirt trying to tan in 50F weather. #desperate #boston"

Hey, @kyleykim, as long as it's not snowing, we'll take 50 degrees and sun.

Q & A with ...

BARBARA ANTHONY

UNDERSECRETARY OF CONSUMER AFFAIRS AND BUSINESS REGULATION

MIND YOUR ZIP CODES

Question: I heard that I don't have to give my zip code to a business when I pay with my credit card anymore. Is this true?

Yes, that is true. The Massachusetts Supreme Judicial Court recently ruled that asking consumers to provide their zip code when paying with a credit card is against state law. Your zip code is your personal information, and often companies will store it in a database, which may result in unwanted solicitations to you.

However, stores are not prohibited from asking for private information, like a zip code or telephone number, for marketing purposes or if you pay with cash. A store can ask you to show identification to prove the card you're using is yours, but they cannot copy the information.

Remember, if a store is pressuring you to give away your personal information to complete a transaction, walk away from the sale and call our office at 888-283-3757 to report it.

Quoted

"When you're booking a travel package through a third-party instead of directly with the airline, you may face different terms and conditions."

Anthony

Question: I bought a travel package online and need to change flights. I called the airline and they say I have to contact the original website I booked through. Is that right?

When you're booking a travel package through a third-party instead of directly with the airline, you may face different terms and conditions. A third-party seller, like the website, is not obligated to offer the same cancellation or return policies as the airline. While travel packages may save money, we encourage consumers to shop around, read the fine print and know the cancellation policy before your travel package becomes more than you bargained for.

Question: I bought a pair of jeans that I realize are too big for me. I already ripped off the price tags. Can I still return them?

Never hesitate to ask. It's possible, especially if you have the receipt, but it depends on the business. Under state law, stores can have any return policy they want, but it must be posted in an obvious place prior to the sale. Check the back of the receipt as some stores post their return policies there or call the store. If you bought the item online, different rules may apply even with the same business. Our best advice? Know the return policy before making the purchase.

— Each month Undersecretary of Consumer Affairs and Business Regulation Barbara Anthony will answer consumer questions from Metro readers. Send your questions to letters@metro.us with "Ask the Undersecretary" in the subject line.

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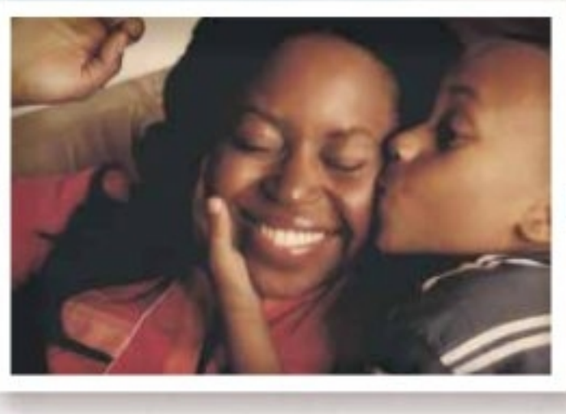

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Police chase

Police find man asleep, in high-speed lane of I-93

State police said troopers found a Framingham man asleep behind the wheel of his car as it was parked in the left lane of I-93 in Boston early yesterday.

The man was arrested after a short chase. METRO

Condoms on campus

Catholic colleges support BC

Boston College is getting support from Notre Dame, Georgetown and Catholic University in its effort to stop a student group from handing out condoms, saying they also take disciplinary action against condom distribution on school grounds. GLOBE

Fens fire

Man found in Muddy River after brush fire

A man was pulled from the Muddy River on Saturday after he was found by fire crews battling a brush fire in the Fens.

Boston fire said it was not immediately clear why he was in the water. METRO

The Fens fire / BOSTON FIRE DEPT.

Ugly truth

Mass. colleges called ugly

BroBible.com named Boston University, Brandeis University and UMass Amherst as three of the 10 ugliest colleges in the nation.

The website ranked the schools by campus beauty, students' quality of life and attractive people. METRO

Hep B scare

BMC patients may have Hep B exposure

Five patients are under observation after possibly being exposed to the Hepatitis B virus at Boston Medical Center.

The state Department of Public Health is investigating, and the hospital said it has communicated with those patients. METRO

First draft of pot regs out

Medical marijuana.
A seminar on opening dispensaries is set to take place this week.

Massachusetts entrepreneurs interested in opening their own medical-marijuana dispensary can learn the tricks of the trade Wednesday during one of three free educational seminars at The Sheraton Boston Hotel.

The seminars will be hosted by Medbox, Inc., which manufactures armored and automated, fingerprint-controlled marijuana dispensation machines.

Medbox CEO Dr. Bruce Bedrick will offer suggestions on how to increase the chance of getting one of the 35 licenses that will be awarded by the state, give a live demonstration of dispensing technology and take questions.

The seminars will take place just days after the Department of Public Health released the first draft of laws by which the state's new medical-marijuana industry will be regulated.

The new law allows for as many as 35 dispensaries to open around the state. Patients will be able to purchase a 60-day supply of medical marijuana.

The final draft of the regulations is due May 1. METRO/MR

Hundreds of racers come running down the bunny trail

Hundreds of runners looking to stay in shape and celebrate Easter donned bunny ears and other homemade costumes and ran through the streets of Boston yesterday. The "Easter Hash Hunt Race" was organized by the November Project, which also put on the "Boston Ninja Race" earlier this year. The November Project is a free fitness community that hosts weekly workouts for fitness junkies and average people looking to get in shape. / NICOLAUS CZARNECKI, METRO

ARE YOU A VICTIM OF CURSES?

SPIRITUAL CLEANSING

"My family and I find out that there was a lot of jealousy and witchcraft being sent to block us from finding happiness or success. We moved from place to place, but without results. A friend of mine invited me to the *Spiritual Cleansing Sessions*, and that was the turning point of my life. I learned to overcome negativity and evil that was being sent against me. Today, I have peace, financial success, and living in harmony." - *Danna*

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Immigration. Senate group resolves key issues on reform

With U.S. business and labor now in agreement, a bipartisan group of U.S. senators has resolved all major issues in a pending deal to overhaul the U.S. immigration system and aims to unveil it after Congress reconvenes in the second week of April, key lawmakers said yesterday.

The lawmakers said that while there was no final deal yet, they hope and even expect there to be one soon after the measure is put into legislative language so all eight senators in the bipartisan group can review it.

The U.S. Chamber of Commerce, the biggest U.S. business group, and the AFL-CIO, the largest labor federation, reached an elusive agreement on a guest worker program on Friday, clearing the way for the writing of a full bill.

The bill will include an earned pathway to U.S. citizenship for an estimated 11 million undocumented immigrants, bolstered border security and ways for business to meet the need for both high-skilled and low-skilled workers.

"With the agreement between business and labor, every major policy issue has been resolved," said Sen. Charles Schumer, a New York Democrat and a leader of the so-called Gang of Eight, which has four Democrats and four Republicans.

"We've all agreed that we're not going to come to a final agreement until we see draft legislative language and we agree on that," Schumer told NBC's "Meet the Press."

REUTERS

The first family celebrates Easter

President Barack Obama, daughter Sasha, First Lady Michelle Obama and daughter Malia walk across Lafayette Park from the White House yesterday on their way to Easter services at St. John's Episcopal Church in Washington, D.C.

GETTY IMAGES

South Africa

Mandela's condition improving

The condition of Nelson Mandela has improved further, the government said yesterday. He is in the hospital while receiving treatment for pneumonia.

"Former President Nelson Mandela had a restful day," South Africa's presidency said in a statement.

REUTERS

Syrian uprising

Rebels set fire to oil wells

Syrian rebels have set three oil wells in the east of the country ablaze, causing a daily loss of nearly 5,000 barrels of oil and 52,000 cubic meters of gas, state media quoted an oil ministry official as saying. REUTERS

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2

CULTURE

Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Kristin Chenoweth is frustrated, Paris Hilton is living it up abroad and Bob Saget is a fan of breakfast.

@KChenoweth: How can one weigh 88 lbs and still have a muffin top?

@ParisHilton: Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!

@bobsaget: Every day that I begin with eggs goes really well.

1 Bieber's pet monkey seized by Germans

Although this seems like an April Fools' Day joke, it isn't: Justin Bieber's pet monkey is under quarantine in Berlin. The singer's prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal." If this were 1970, this would totally be a plotline of an episode of "Hogan's Heroes."

2 Seyfried gets the worst comparison

What's the worst insult a young actress can endure? This might be it. "Les Miserables" star Amanda Seyfried was mistaken at LAX for her "Mean Girls" co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on 'Mean Girls.' I think that was before she got a little nuts," Seyfried told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were 2, to be sane."

THE WORD

Dorothy Robinson's take on the world of gossip

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

3 And in famous baby news

Kristen Bell and Dax Shepard welcomed a baby girl late last week. "Lincoln Bell Shepard is here," Shepard posted to Twitter. "She has Mom's beauty and Dad's obsession with breasts. Hooray!" Meanwhile, Jeremy Renner and an ex-girlfriend welcomed a daughter, according to Us Weekly. "They are beyond thrilled," a rep for Renner says.

4 'AMW' canceled once again

After 25 seasons of helping to nab lowlifes, "America's Most Wanted" has been canceled — again. Fox axed the show in 2011. Lifetime picked it up but doesn't seem happy with the ratings. TV Guide reports that host John Walsh may be shopping the show to other networks.

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No foolin': We've got you covered for today's high jinks

Technology. Here are low-maintenance jokes for your smartphone for April Fools' Day.

It's April Fools' — no, really, it's today.

If the prank holiday got lost in the blur of Monday morning, fear not — Metro has some last-minute ideas for you as you're on the way to the office.

The whoopee cushion is old news, say the creators of the Fart O Gram. This prank-calling service allows you to enter a phone number to be pranked, then calls the person and lets the flatulence rip as they pick up. Take your time choosing from the "Sexy Stall" or the "Costume Party," where a female voice pretends to have met the prankee before.

For another prank you can set up on your phone, try the "Fake Text" app. It crafts a message that pops up on your screen, from, perhaps, Barack Obama. All you do is download the app and type in the celebrity you want to drop you a line.

Another app, "Prank Me," logs recorded voices — from an IRS representative saying you owe $10,000 to a celeb like Regis Philbin calling about "Who Wants to Be a Millionaire." The catch? The app calls your phone, so to prank someone with the recording, you have to hold your phone up to another receiver as you dial someone else.

Prank someone else with the "Prank Me" app. / CONTRIBUTED

ALISON BOWEN
alison.bowen@metro.us

Receive fake text messages from anyone you want. / CONTRIBUTED

Old-school style

Pranks on the small screen

Gift wrap
We all know arriving at the office is a gift, but make it official by wrapping up an office computer and chair with that wrapping paper you bought at CVS two holiday seasons ago. This is a gem inspired by "The Office." During their ongoing prank-off, Jim gift wraps Dwight's desk and everything on it.

Mess with someone's ears
In "New Girl," Nick wants to prove that he's the prank master. Although many of his shenanigans are too much work (reworking a wall so it appears smaller), this one is office-effective: claim the television (or some Pandora music) is blaring, and get your office mates to nod along to make the others think they are going deaf.

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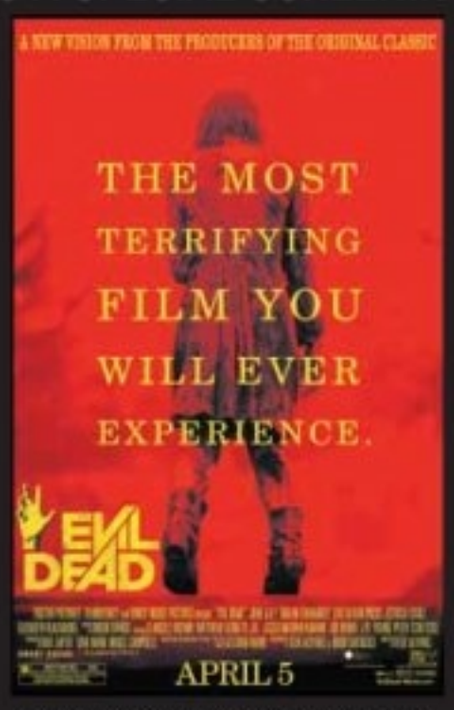
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'G.I. Joe' and Tyler Perry laid waste to Stephenie Meyer

The "G.I. Joe" sequel gunned its way to the top of the box office. / JAIMIE TRUEBLOOD

Action movie "G.I. Joe: Retaliation" won the weekend box office battle in the United States and Canada, fighting off competition from cartoon cavemen, a Tyler Perry drama and an alien-possessed heroine trying to save the human race.

"G.I. Joe," a sequel starring Channing Tatum, Dwayne Johnson and Bruce Willis, secured $41.2 million in domestic ticket sales from Friday through Sunday, according to studio estimates. The film is the sequel to 2009's "G.I. Joe: The Rise of Cobra."

Last week's winner, animated prehistoric adventure "The Croods," slipped to second place with $26.5 million in the United States and Canada. "Tyler Perry's Temptation," the filmmaker's latest effort, landed in the No. 3 slot with $22.3 million.

"G.I. Joe" opened Wednesday evening to get a jump on the Easter holiday weekend. The cumulative box office after Sunday is estimated at $51.7 million. In international markets, the movie racked up $80.3 million, for a global haul of $132 million.

"Temptation," a departure from Perry's hit comedies, focuses on a married woman drawn to a handsome billionaire. The movie stars Jurnee Smollett-Bell, Lance Gross and Vanessa Williams. Reality TV star Kim Kardashian plays a small role and helped promote the film through TV appearances and social media.

Another new release, sci-fi romantic thriller "The Host," finished in sixth place with $11 million. The movie is based on a novel by Stephenie Meyer, author of the "Twilight" vampire series that became a blockbuster movie franchise.

In fourth place, thriller "Olympus Has Fallen" earned $14 million during its second weekend. The movie stars Gerard Butler and Morgan Freeman in the tale of a White House under attack. Disney's "Oz the Great and Powerful" came in fifth with $11.6 million. REUTERS

TV watch list

DRAMA

'Revolution'

This postapocalyptic dystopian future series, produced by J.J. Abrams, is like a Wild West show for the paranoid. 10 P.M., NBC

REALITY

'The Gossip Game'

Settle into the cutthroat world of tabloid reporters going against each other for the next big scoop.
SERIES PREMIERE, 9 P.M., VH1

REALITY

'The Devils Ride'

Get the truth behind the turf war between San Diego motorcycle clubs and get the dirt on a bizarrely irrelevant rivalry. 10 P.M., DISCOVERY

REALITY

'Master of the Mix'

DJs compete for the top title in this reality show on the trendy art of mixing. 10 P.M., VH1
NATALIE SHURE

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Horoscope

♈ Aries | March 21 - April 20. Your creativity is skyrocketing, so take advantage of it. Your ideas will be successful, as long as you follow through on them.

♉ Taurus | April 21 - May 21. Don't despair if your recent schemes have yet to pan out. Check to make sure that you've done everything possible, and have some patience.

♊ Gemini | May 22 - June 20. Intangible ideas could prove to be of greater value than things of a material nature. This will become very evident today.

♋ Cancer | June 21 - July 22. Even if benefits are presently coming your way without too much exertion on your part, imagine how much more could happen if you put forth some effort.

♌ Leo | July 23 - Aug. 22. It could be to your benefit to try to help others realize their hopes and expectations. What would be beneficial for them could be of advantage to you as well.

♍ Virgo | Aug. 23 - Sept. 22. You're destined to accomplish something of significance that could produce more than a few benefits. However, it may not be apparent that a bonus is on its way — it is.

♎ Libra | Sept. 23 - Oct. 22. This is a good day to once again analyze a problem that you've been unable to resolve. A number of solutions that previously eluded you could now become quite obvious.

♏ Scorpio | Oct. 23 - Nov. 21. If an important enterprise in which you're involved has a dire need for something you possess, do your best to deliver.

♐ Sagittarius | Nov. 22 - Dec. 21. Even if you're operating well on your own, you would be even more productive with a capable partner. Try to find one with all due haste.

♑ Capricorn | Dec. 22 - Jan 20. It looks like the career opportunity that you've been looking for is about to come your way. Keep your plans flexible so you can take advantage of it.

♒ Aquarius | Jan. 21 - Feb 18. Friends are likely to talk to you about all kinds of things, imparting information that they wouldn't reveal to others. What you learn will be useful and then some.

♓ Pisces | Feb. 19 - March 20. Your financial prospects look to be quite encouraging over the next few days. You could be unusually lucky in ways that could affect your public image. **BERNICE BEDE OSOL**

Letters

Age is just a number

I am frankly sick and tired of hearing Dorothy Robinson publicly expressing her disgust over the fact that 86-year-old Hugh Hefner has a sexual life. What is it to her? Is she just jealous, or what? I wonder if she would express the same disgust over an 86-year-old woman having a sexual life. I guess she probably would. This is both ignorant and ageist. Obviously, Ms. Robinson knows very little about both human sexuality and the aging process. I guess in her little mind she envisions all octogenarians slobbering on their bibs in some nursing home or assisted living facility. Anything else gives her the creeps.

Well, it's not that simple. Some people completely lose their sexual drive already at 50. Others maintain their vigor and libido all the way into their 90s. But again, what is it to her? Of course, most people can only wish they'll be so lucky.

PASQUALE G. TATO, VIA E-MAIL

Quoted

"YEEHAW! Thanks for going back to two puzzles. It is much appreciated."

JOSEPH DUNLAVEY, VIA E-MAIL

Become fearlessly married

Kudos to Jonathan Alpert for discovering the secret of my success — a marriage modeled on Starbucks. The partnership between me and my wife is predicated on brand exposure and real estate acquisition. Don't forget to replicate! And when you're exhausted from being an outsized caricature of society's expectations, fat and sugar is useful for covering up that burnt taste in your mouth. Yes, my marriage — wait, no, I'm thinking of Donald Trump.

EVAN D., VIA E-MAIL

letters@metro.us

Keep them a brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

8		9		1				
	7	5		4			1	
			6	8	9			4
					8	4		
	5	6				2	7	
		3	2					
7			4	9	1			
	9			5		3	4	
				2		1		7

				4				
2			7		8			6
	7	8			5		1	
	5	3	8	9				
		4	1		6	5		
				5	7	4	9	
	2		5			3	4	
4			6		3			9
				1				

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Hiding place
6 Marched along
10 Lhasa –
14 Skipper's bellow
15 By heart
16 Clove-scented flower
17 Gaiety
18 Queens stadium
19 Urgent appeal
20 Practiced Zen
21 Cheesy snack
23 Polar explorer
24 In a hostile manner
26 Rough sketch
27 Posh quarters
29 Robin – of balladry
31 Historic years
32 Iridescent gems
33 Previous to
36 Exactly so (4 wds.)
40 — kwon do
41 Lugs or carries
42 Nearly shut
43 Easy mark
44 Early release
46 Removes snow
48 Given to back talk
49 Polite coughs
50 Addresses for ladies
52 Wire gauge
55 Pumice source
56 Had an intuition
57 Launch rocket
59 Drew on
60 Part of A.M.
61 Column order
62 Only
63 Dorm view
64 Starbucks order

Down

1 Engine parts
2 Running shoe brand
3 Gristle
4 FDR veep
5 Cultural
6 Frequent Hepburn costar
7 — Hashanah
8 He overthrew Galba
9 Kiki or Joey
10 Materialize
11 Dish with saffron
12 Hagar's dog
13 Not super
22 Nut-brown quaff
23 Light refractor
25 Kind of cow
26 Carnegie or Evans
27 Fresh
28 Diva's rendition
29 Suitably
30 Dit partners
32 Big burden
33 Delight
34 Not phony
35 Bronte governess
37 Unfreezes
38 Nutritious grains
39 Thole fillers
43 Brilliantine
44 Cooking spray brand
45 Beset
46 Moon position
47 Crowbar
48 Jaded
49 Pickling ingredient
50 Waiter's offering
51 Banff's prov.
53 Put one's foot — —
54 Intertwine
56 Online info
58 India's smallest state

Weekend's answer

S	H	A	M		B	L	A	N	C		B	S	M	T
P	I	T	A		R	E	C	U	R		A	L	O	E
U	F	O	S		O	D	D	L	Y		N	O	O	N
N	I	M	O	Y			C	L	I	C	K	E	D	
			N	U	N	S		S	N	O	B			
W	H	I	S	K	I	N	G		G	L	O	S	S	
A	I	D		S	C	A	L	D		T	O	O	T	H
D	R	E	G		E	P	E	E	S		K	N	E	E
S	E	A	L	S		S	A	B	R	E		A	L	I
	S	L	I	C	E		M	U	T	T	E	R	E	R
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J	O	K	E		A	T	A	R	I		D	O	L	E
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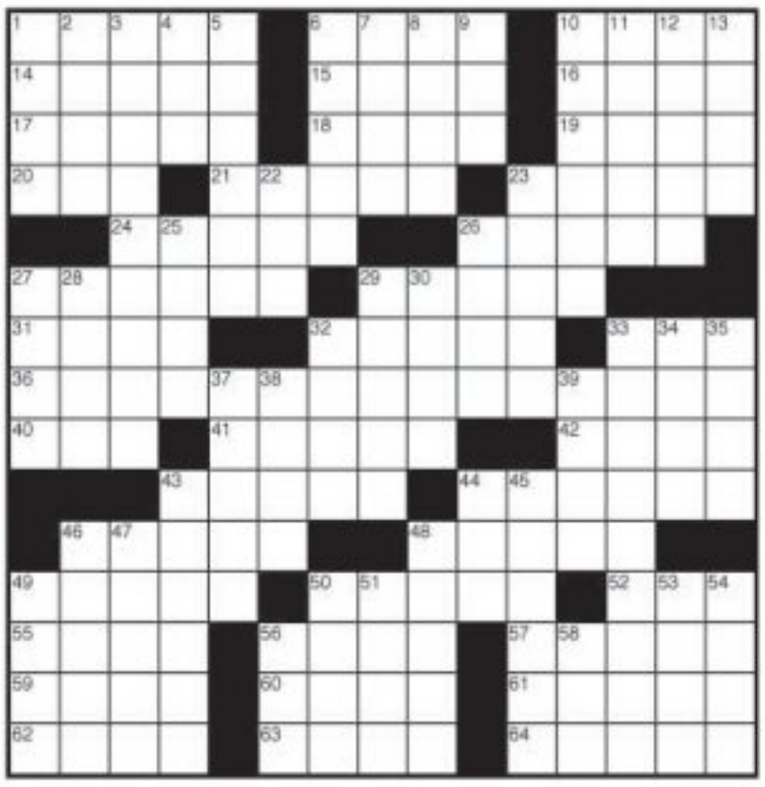

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PLUS

More negotiating tips

DON'T say things like "because I deserve it." It gets interviewers and managers all hot under the collar because it goes against gender norms for women.

Ashley Milne-Tyte

Burst out: Maximize your productivity

Jobs. By working in bursts and setting time aside for collaboration, you can get more done.

Some days, you feel like you got nothing done at work. It's not uncommon: The email inbox grows, instant messages pop up and colleagues interrupt your workflow. Productivity consultant and author of "The Accomplishing More With Less Workbook" Pierre Khawand says: "When we are working a few minutes here and a few minutes there, we are staying at the superficial level and not getting deep into anything." Here are his strategies for digging in deeper to get more work done.

How can people reach their level of optimal productivity?

The first element has to do with how results change with time when we are working on a task. When we start to work on the task, we get results. But at some point, the results level off and then diminish, because either we get mentally tired and are no longer productive, or we need someone else to do their part before we can continue. This is all good in theory, but what happens in reality is that a few minutes after we start to work on a task, we get interrupted. When we get interrupted, our results go down to zero — this happens again and again. It's part of life in today's work environment.

So how do we stay on task?

A key element is starting the day by identifying what we intend to accomplish that day and ending the day with a reconciliation process. That ensures that we close the loops on open issues. Instead of starting the day with email, we should stop for a minute or two to reflect on what is important and what we want to accomplish. Then, put it in writing.

The idea is that we need to stay focused long enough so that we can achieve in-depth thinking, attract creative problem solving and get meaningful things done. Depending on the task, it can be 15 minutes, 30 minutes or several hours. Once we have accomplished something meaningful, it is time to stop our "focused" session, and switch to being collaborative — handle email, phone calls, have live discussions. This is the collaborative work where we get the most of our team productivity and equally important results. After the collaborative session, it is time to take a break — do something that gets us re-energized and ready for the next focused session. No significant productivity gains, and therefore no significant accomplishments, can be achieved if we don't optimize our workflow by recognizing the concepts described above: focus, collaborate, then play!

Burst out

Working in bursts manages tasks, interruptions and energy. It makes you feel invigorated and accomplished as a result.

- **Alternate between focus, collaboration and play.**
- **Be intensely and wholeheartedly in each burst.** That's what the "burst" label is for — to maximize output.
- **Each burst should build toward and enhance the next burst.**

DOUGLAS SMITH
letters@metro.us

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The Broad Experience

ASHLEY MILNE-TYTE

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND REPORTER BASED IN NEW YORK CITY. SHE HOSTS A BI-MONTHLY PODCAST CALLED "THE BROAD EXPERIENCE" ABOUT WOMEN IN THE WORKPLACE.

NEGOTIATING WHEN FEMALE

How often do you negotiate a raise? If you're female, the answer is quite likely to be not often, or even never. My first time came about 12 years ago. I was in my 20s and about to switch roles within a company. My co-worker told me I should shoot for a number that constituted a 25 percent raise. It seemed like a huge amount and I found it horribly awkward to discuss money — let alone think I was actually worth something. I squirmed at the thought. But during the interview, I summoned up the courage to make the ask. My supervisor acted surprised, which made me uncomfortable, but I managed to resist backing down. He muttered that it was a very large raise and I was unlikely to receive that much. Still, said he'd see what he could do.

I got it.

That was my first lesson in negotiating. Just ask — they can always say no. In almost every study done on negotiating, women simply don't ask for raises as frequently as men do. It's one of the many reasons for the gender pay gap. Of course, I know men who hate negotiating as much as I do (I never said it was fun) and women who consider it a point of pride to fight fiercely for what they're worth. But in general, women have so many issues about our worth in the world that we are terrible at this. Women face particular challenges when it comes to asking for what we want.

Society still views women as nice and accommodating. Asking for more money doesn't fit that picture. So we have to be careful how we do it to avoid turning people off. But if you don't ask, you have no idea what you could get. You could be turned down, but isn't it better to find out by asking in the first place?

THE Broad EXPERIENCE

Do's and Don'ts

DO your research first. There's a ton of it out there. I recommend SheNegotiates.com and the book "Ask for It: How Women Can Use the Power of Negotiation to Get What They Want" by Linda Babcock and Sara Laschever.

DON'T immediately back down if your boss balks at your request. This is all part of the game.

DO remain pleasant and polite throughout. Research shows women can get more from negotiating if they keep playing nice while sticking firmly to their guns.

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FINDING PEACE IN AN URBAN JUNGLE

"I am so tired of the city, but I have to live here because of my husband's job. The traffic, noise and pushy people seriously stress me out. Plus it's so expensive! My husband promises we'll move in a few years, when he's more established. But for now, I'm stuck. Any words of wisdom?"

Last weekend, I had the pleasure of taking a professional workshop on mindfulness interventions for stress and depression relapse prevention. Our first exercise was to explore a raisin from the perspective of what Buddhists call Beginner's Mind. Our instructions: to see, taste, smell and handle the tiny shriveled morsel as if experiencing it for the first time.

Simply put, the point of the lesson was to demonstrate how otherwise familiar objects take on a whole new light when you slow down to pay closer attention to them. The same can be said of urban life. Most city slickers have mastered the art of tunnel vision to maintain sanity amid the pandemonium. But you don't need to escape the city to find peace. In fact, all of urban life could be seen as an opportunity for mindfulness practice. Here are some examples:

1 To practice Beginner's Mind, walk down a block near your home or work that you don't normally take. Find something that draws your attention — a tree, beautiful architecture, an animal or a sidewalk flower bed. Using as many senses as appropriate, spend five minutes watching and noticing the intricacies of this object. You might be pleasantly surprise to notice things you might have overlooked before.

2 Frequent, unexpected delays and detours on buses, trains and traffic offer an ideal opportunity to practice the mindfulness concept of Patience. Next time you're stopped on the express train while several local trains breeze past, take several deep breaths and gently remind yourself, "I am practicing patience."

3 Unexplained, prolonged delays on trains and buses when you're running late for an appointment are stellar opportunities to practice Patience. Take deep breaths and feel your feet on the ground. Simultaneously, you might also practice Non-Judging. Maybe the conductor isn't taking a nap or consumed in a riveting game of iPhone Solitaire. Perhaps he or she has laryngitis, ran to the bathroom or hasn't been notified by headquarters. Again, take several deep breaths.

4 Circling around six times for a parking spot on the Upper West Side on a Sunday night is an opportunity to practice Trust that someone will eventually pull out just as you are pulling up, and Letting Go when you realize you have to throw the car in a lot.

5 Next time you feel you're not doing enough, seeing enough, reading enough and being enough, practice the art of Non-Striving. While antithetical to most cosmopolitans, Non-Striving means that you don't need to do anything — just allow yourself to be. Embrace the perfection of imperfection.

6 We practice Acceptance when we see things just as they are. We accept that a parking ticket is the price of having a car in the city. We practice Non-Judging by forgiving ourselves for forgetting that Tuesday is street cleaning. And we accept that sometimes we have to live in overpriced, overcrowded cities because our loved ones are employed here.

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

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Will Middlebrooks is just one of several young players on whom the Red Sox will rely heavily in 2013. / GETTY IMAGES

Raise the bar: Sox seek turnaround

Red Sox. Another long, bitter offseason gives way to thoughts of renewed hope on Yawkey Way.

After a 69-93 2012 season, the firing of Bobby Valentine, the hiring of John Farrell and the acquisition of a number of "clubhouse guys," the 2013 Red Sox are finally set to take to the field for games that count.

The Red Sox will open the 2013 season this afternoon in New York (1 p.m., NESN) taking on the Yankees and ace CC Sabathia. Boston will counter with Jon Lester, who will make his third consecutive Opening Day start. Lester didn't factor into either of his previous two Day 1 appearances. The Red Sox did lose both of those games, however, and are 2-6 in their last eight road opening days.

"It's a big deal. Don't let anybody ever say it's not a big deal, because it is a big deal," Lester said. "At the same time, you have to always treat it as just a normal game, and I think I was able to do that a little bit better last year. The first year, everything is new. It's just like your first playoff game, where you think you have to do more because it's a different part of the year and you're fighting for something a little more important."

Getting off to a strong start this year is more important than ever for the Sox, as the team opened last season 1-5 and 2-10 the year before. After establishing a new culture and attitude this offseason, the team cannot afford to have starts that look like 2011 or 2012.

It will all begin with starting pitching, of course, as the group needs to set the tone for the season. The staff as a whole struggled in 2012, finishing 12th out of 14 American League teams in both wins and ERA.

Lucky for the Red Sox, the Yankees are a team depleted by injuries. Alex Rodriguez, Derek Jeter, Curtis Granderson and Mark Teixeira will all miss today's game. There is no telling when Rodriguez will be ready to come back from a hip injury. Jeter is slated to miss a few weeks with a banged-up wrist, while Granderson and Teixeira are each expected to miss the first month.

With the Yankees as banged up as they are, it is imperative the Red Sox take advantage by separating themselves from New York (and others) in the AL East-standings. It all starts this afternoon on one of the best days on the entire sports calendar: Opening Day of the Major League Baseball season.

RYAN HANNABLE
sports@metro.us

Youth movement

Bradley Jr. makes roster

After more than a week of speculation, the Red Sox officially announced Sunday afternoon that outfielder Jackie Bradley Jr. has made the 25-man roster. The corresponding move to get Bradley onto the roster was designating first baseman Mauro Gomez for assignment.

In fact, Bradley will be starting in left field today when the Red Sox take on CC Sabathia and the Yankees in the Bronx. Farrell told the young star he made the team Saturday night on their flight to New York.

"At 35,000 feet, he couldn't jump any higher," Farrell told reporters in New York. "I think he kind of sensed it all along."

F-Youk

Youkilis begins Yankees tenure

Today, Dustin Pedroia, Jon Lester and Kevin Youkilis will all be present at Yankee Stadium, but now the former Red Sox third baseman is clean-shaven and playing third and first base for the Yankees.

"That's going to be different, especially [that he's] clean-shaven," Pedroia said. "It'll be different. Youk's been family for a long time."

At least Pedroia won't have to pitch to Youkilis. That goes to Lester, who will be making his third Opening Day start and looking to rebound from the worst season in his career.

Lester faced his former teammate twice last season with Youkilis a White Sox, but instead of issuing the standard, "just another game" cliche, he conceded it's strange.

"It would be weird," Lester said. "I wouldn't have ever thought that would happen, but he made that choice for him and his family and got a chance to play third base here. I'm sure he's excited about it, but now he's one of the bad guys. We got to worry about him [today]."
METRO

Sufferin' Sid

Penguins' Crosby out indefinitely

If the Bruins are to reach their second Stanley Cup final in three years, they will likely have to go through Pittsburgh.

For now, at least, that path looks to be a tad easier as Penguins star Sidney Crosby is out indefinitely after undergoing surgery to repair a broken jay. Crosby suffered the injury Saturday against the Islanders. No time table has been set for Crosby's return. **METRO**

3 SPORTS

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Final Four set

Louisville was visibly upset after sophomore guard Kevin Ware went down with a gruesome leg injury in yesterday's regional final, but the Cards "won it for Kevin," beating the Blue Devils, 85-63. Michigan pounded Florida, 79-59, earlier in the day to reach the Final Four for the first time since 1993. Wichita State will take on Louisville, and Syracuse will meet the Wolverines on Final Four Saturday.

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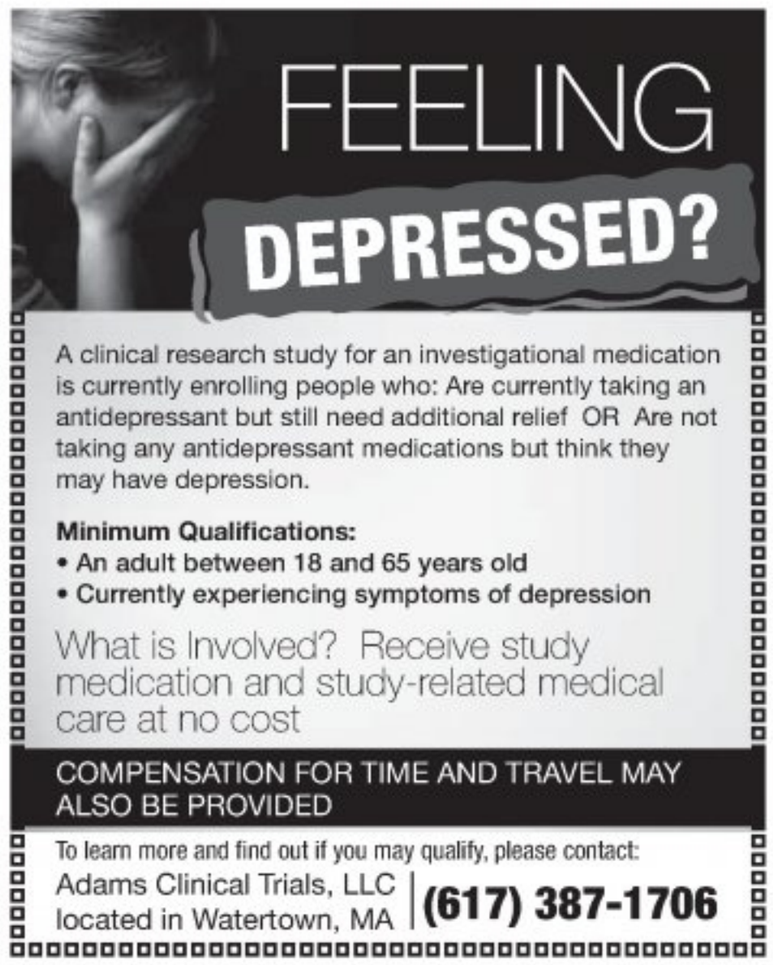

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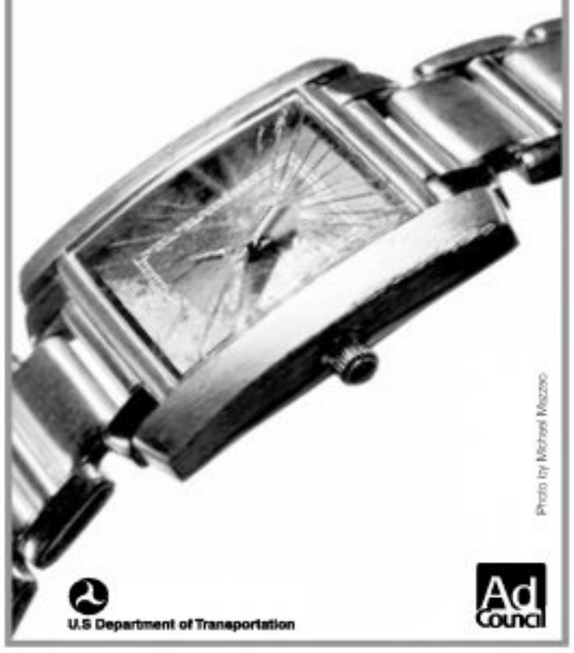
Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.

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140 CLARENDON

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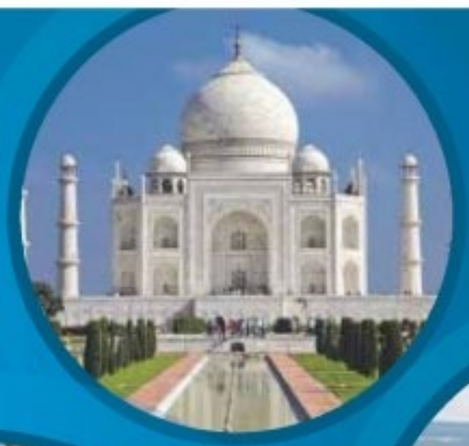

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